

the buzz

September 2019

Simplify Your Healthcare Experience with Engage

An innovative mobile app that works for you

Imagine if you had a personalized health assistant that could help you get more from the money you spend on healthcare. Now imagine if that assistant were available in your pocket, with a simple click of a button.

Meet Engage.

A mobile app that helps you make the most of your health plan and connects you with resources to achieve your wellness goals.



Get peace of mind.

Clearly see what's covered by your plan and access your digital insurance card anytime, anywhere.



Take charge of your wellness.

Track sleep, steps and food to create healthy habits and hit your well-being goals.



Make the most of your perks.

Save time and money by discovering additional benefits and programs.

Ready to Get Started?

Download the Engage app to start using your personalized health assistant and access Anthem Health Guide.

To download the Engage app:

1. On your Apple device, open **App Store**. On your Android device, open **Play Store**.
2. Enter **Engage** into the search bar and select **Download**.



Once downloaded, the Engage logo will appear on your device.

With Engage you can:



Clearly see all of your benefits and access your digital insurance card.



Access LiveHealth Online. You can visit with a doctor on your smartphone, tablet or computer.



Add your wearable fitness device, such as your Fitbit or Apple Watch to hit your well-being goals.



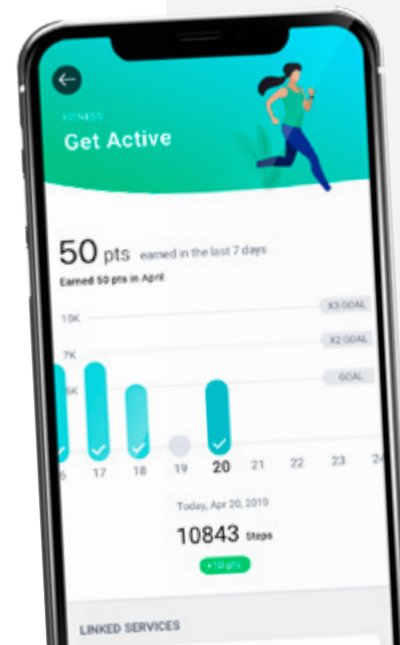
Participate in well-being challenges to help keep you active and healthy.



Save time and money through our health and wellness programs.



Protect yourself from overpaying by seeing the cost of services and care before setting up a visit.



Mammography Screenings

Schedule your screening with the Siteman Cancer Center Mammography Van. Appointments must be made in advance by calling 314-747-7222 or 800-600-3606 (press Option 2) between 8 a.m.-4:30 p.m., Monday-Friday. Appointments are strongly recommended and walk-ins are accepted as time permits.

- Women ages 40 and over do not require a physician referral to be screened.
- Women must not be undergoing current breast cancer treatment.

MAMMOGRAPHY SCREENING SCHEDULE

September 20 8 a.m.-3 p.m.	1520 Market	1520 Market St., St. Louis, MO 63103
September 30 8:15 a.m.-1 p.m.	Water Division- Kingshighway	1640 S. Kingshighway Blvd., St. Louis, MO 63110

- Women who are pregnant cannot be screened on the van.

September Happenings

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Lose Weight. Not Pleasure.

There are:

no foods to buy,
no points to count,
no guidelines on what you can and can't eat.

Sound too good to be true?

Instead of dieting, the secret to Naturally Slim simply involves learning some new techniques about *how* and *when* you should eat. That's it.

Sign up:

September 9-20, 2019 by going to **Naturally Slim**. Program will start October 7.

Who can sign up?

Employees, spouses, domestic partners, adult dependents (over age 18) and retirees covered under the City of St. Louis Anthem medical plans are eligible to participate in Naturally Slim at NO COST.

STL WEIGHT LOSS & FITNESS



Challenge

Get active and lose weight this fall!

Earn points by losing weight, exercising and completing exercise challenges. Create a team or complete on your own. To sign up or for more information, contact the Bee-Fit Wellness Coordinator today by email at hargrovec@stlouis-mo.gov or by phone at 314-622-4849.

Team up with the Naturally Slim online weight loss program to learn new weight loss techniques. *NOTE: Signing up with Naturally Slim is not a challenge requirement.*

Initial weigh-in: September 16-20

Final weigh-in: October 28-November 1

Prizes: The top three teams and individuals will win prizes.

Individual

1st: \$100
2nd: \$50
3rd: \$25

Team

1st: \$200
2nd: \$100
3rd: \$50



Provided by:
Department of Personnel and BJC HealthCare
for the Bee-Fit Wellness Program

For more information:
Contact Cathy Hargrove at 314-622-4849 or
hargrovec@stlouis-mo.gov

Look for us on:  

BJC HealthCare